



Clifton Park Senior Center



December 2023—Monthly Newsletter

Center Hours

Monday-Friday, 9am-4pm
6 Clifton Common Court,
Clifton Park, NY 12065
518-383-1343



Your 2024
Membership
is STILL
ONLY \$20!
*All memberships
expire on December 31*

THIS COULD BE YOUR
LAST NEWSLETTER—
RENEW TODAY!

Center Closing

CHRISTMAS EVE Obsv.
(closed at 12:30pm)
Friday, December 22
CHRISTMAS DAY
Monday, December 25
NEW YEAR'S EVE Obsv.
(closed at 12:30pm)
Friday, December 29

Inclement Weather Schedule

We follow the Shenendehowa School District for closings and delays. If school is closed or delayed, we follow the same schedule.

Dinner in DECEMBER

Wednesday, December 13 at 5pm

MENU

LASAGNA
VEGETABLE MEDLEY
ROLLS & SALAD
SWEET TREAT
\$15 Members Only

SIGN UP BEGINS | CATERED BY:
FRIDAY, DEC 1 | **Ruggiero's**
PIZZA, DELI & CATERING

CLIFTON PARK SENIOR COMMUNITY CENTER COVID - 19 PROTOCOL

IF YOU TEST POSITIVE:

STAY HOME FOR AT LEAST FIVE DAYS

Monitor your symptoms, avoid contact with others, and notify the Senior Center.

ISOLATE

You may end isolation after 5 days if you are fever free for 24 hours; continue to isolate if fever persists.

UNTIL AT LEAST DAY 11

Avoid your friends at the Clifton Park Senior Center and others who are more likely to get very sick from COVID-19.

DITCH THE MASK!

After 11 days and symptom free, come back to the Senior Center; mask optional.

*CDC GUIDELINES

CONTACT YOUR
PHARMACY TO
SCHEDULE A
COVID VACCINE

LET'S STAY SAFE!



breakfast WITH SANTA

WEDNESDAY, DECEMBER 20 @10AM

Bring a non-perishable
breakfast item to donate to
the local food pantry.










Space is Limited. Some events require **Advanced Registration**. To sign up, call the Center at **518-383-1343**

*indicates membership not required

Mondays, NEW! December 4, 11, 18	2:15pm- 4:00pm	Indoor Bocce Ball: Come and play on our NEW indoor bocce court built by a local Boy Scout; every Monday. Equipment provided. Registration required. FREE.
Tuesdays, December 5, 12, 19, 26	11:00am- 12:00pm	Introductory Acoustic Guitar Lessons: with Brian Dufrense from Humana Bring a guitar—if you have one—and learn how to play! There will be extra guitars on-hand. Limit 3-4 students 4 Week Session: Registration required. FREE
Tuesday, Dec. 5 & 19 1st and 3rd Tuesdays	1:00 pm- 3:00 pm	All painters welcome: Open studio with Cynthia. Please see her work on CynthiaWhitman.com. A group discussion and painting will take place. Registration required. FREE.
Tuesdays, NEW! December 5, 12, 19, 26	12:00pm	Medicare Q&A with Brian: Come and chat with Brian from Humana in the Senior Center lobby Tuesday afternoons about your Medicare options; informal, no registration required.
Wednesday, December 6, 13 NEW!	10:30am- 11:30am	Meditation: Meditation improves your emotional and physical health. Come and reduce stress, control anxiety, decrease blood pressure, improve sleep, help control pain and enhance self-awareness with Reiki and Meditation Coach, Darcy. Registration required. \$14/month
Wednesday, December 6	11:00am- 1:00pm	Computer Assistance: with Chip from CORE Real Estate Having trouble with your computer or device? Bring your device in & we will find a solution. Registration required. FREE.
Wednesday, December 6	10:00am- 12:00pm	Guest Crafter: Wine Bottle Gnomes with Mary and Monsy. Sample on display at the front desk. Registration required. \$4 cash supply fee.
Thursdays, NEW! December 7, 14, 21, 28	1:00pm- 4:00pm	Indoor Bocce Ball: Come and play on our NEW indoor bocce court built by a local Boy Scout; every Thursday. Equipment provided. Registration required. FREE.
Friday, December 8	1:00pm- 2:00pm	*Big Band Concert: Live Entertainment with the Center's very own Big Band in our yearly Holiday Concert with special guest, Supervisor Barrett! Reception to follow. FREE.
Tuesday, December 12	12:30pm	*Live Music with Ken Blatt: Ken is a singer/pianist with a love of "pop" hits from the 1950's to the 2000's, jazz tune standards, and the great songs from Broadway and motion pictures. Sing along with your familiar favorites and classic party songs like Brown-Eyed Girl, Sweet Caroline and more!
Tuesday, December 12	2:00pm	Movies and Popcorn: Christmas with the Kranks (2005): When their only daughter Blair leaves the nest, Luther and Nora Krank (Tim Allen and Jamie Lee Curtis) book an island cruise for Christmas—but then Blair decides to come home for the holidays and the Kranks have to pull off a miracle! Registration required. FREE.
Thursday, December 14	1:00pm- 2:00pm	*Chorus Concert: Live Entertainment with the Center's very own Senior Chorus in our yearly Holiday Concert! Reception to follow. FREE.
Friday, December 15	1:00pm- 2:00pm	*Orchestra Concert: Live Entertainment with the Center's very own Orchestra in our yearly Holiday Concert! Reception to follow. FREE.
Monday, December 18	2:30pm- 4:00pm	*Living with a Loss: with Jeff Palmer, LMSW: Community Hospice: Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies. FREE.
Tuesday, December 19	10:00am- 11:00am	*Shenendehowa Choir Concert: Shenendehowa High School students will be performing a variety of music—folk songs, contemporary, and holiday classics! FREE.
Wednesday, December 20	10:00am- 11:00am	Breakfast with Santa: Join us for breakfast and fun with a special jolly guest! Bring a non-perishable item for the food pantry. Registration required. FREE.
Wednesday, December 20	12:30pm	*Capital District Dulcimer Consort: Holiday music on the Mountain Dulcimer with information session on the instrument. FREE.
Thursday, December 21	10:00am- 12:00pm	Guest Crafter: Poured Paint Coasters with Tracy P. Come and make acrylic poured paint designs on ceramic tiles to make colorful coasters! Sample on display at the front desk. Limited space; no experience necessary. Registration required. \$10 cash supply fee.

DONATE HERE!

@ the Clifton Park Senior Center
9am to 4pm, Mon-Fri



Bring in your
new & unwrapped
toys until
December 10th
to be donated to
TOYS FOR TOTS
& local kids!

SSAS will be hosting our Annual Themed Show called "**Landscapes & Seascapes**" during the months of November and December, 2023. This show will feature our members using various media to show their works within the featured theme. Enjoy!



Viewing of artwork will be

Monday thru Friday (afternoons): 518-383-1343.

For more information on SSAS, visit southernsaratogaartist.com

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- 09:00am-10:00pm: Tap Dance (12/4, 12/11) **\$10**
- 09:45am-12:00pm: Discussion Group
- 10:00am-10:45am: Jazz Dance (12/4, 12/11) **\$8**
- 10:00am-12:00pm: Outdoor Bocce Ball
- 10:00am-11:00am: Chair Yoga w/ Bonnie (12/4, 12/11) **\$14**
- 11:00am-11:45am: Beginner Clogging (12/4, 12/11, 12/18) **\$21**
- 12:00pm-12:45pm: Intermediate Clogging (12/4, 12/11, 12/18) **\$21**
- 12:30pm-03:30pm: **Games:** Rummikub
- 01:00pm-02:00pm: Ukulele Group
- 01:00pm-03:00pm: Quilting Group (12/4)
- 01:00pm-02:00pm: Soulful Line Dance with Mary and Frank (12/4, 12/11, 12/18) **\$15.00 *TIME CHANGE***
- 02:15pm-04:00pm: Indoor Bocce Ball **NEW!**
- 02:30pm-03:30pm: Healthy Bones for Life—To register, call **Office For the Aging 518-884-4100**

****CPSCC POLICY:** Nonmembers can join us as a guest once per year for free.

Although many of our programs are free of charge, members can try almost any *paid* class the first time at no charge. Please call ahead.

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- 09:00am-10:00am: Exercise to Tape
- 09:00am-10:00am: **Games:** Billiards/Pool
- 09:15am-10:15am: Yoga w/Deanna **\$5.00 members/\$7.00 nonmembers [no 12/26]** At the Center OR [Join Zoom](#)
- 10:00am-12:00pm: **Games:** Dice (Dice 3000, LCR), 5 Crowns
- 10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (12/5, 12/12 [no 12/26]) **\$14**
- 10:30am-12:00pm: Adult Coloring
- 11:30am-03:00pm: **Games:** Duplicate Bridge Group—Sanctioned **\$7.00/week**
- 12:30pm-03:00pm: **Games:** Scrabble; **Cards:** Hand & Foot

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- 09:00am-10:00am: Exercise to Tape
- 10:00am-11:00am: Ukulele Group w/Ron At Center OR [Online HERE](#) For Song Sheets click: [Here!](#)
- 10:00am-12:00pm: **Games:** Intermediate Bridge, Nickels and Dimes (First Wednesday; 12/6)
- 10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 12/6, 12/20)
- 12:00pm-02:00pm: Bowling at Spare Time **\$10/week** for shoes, 2 games, and lunch
- 01:00pm-04:00pm: Knitting and Crocheting
- 01:00pm-04:00pm: **Games:** Poker & Learn to Play Beginner Mahjong
- 02:30pm-03:30pm: Healthy Bones for Life—To register, call **Office For the Aging 518-884-4100**

Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSC Card!



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- 09:00am-10:00am: Exercise to Tape
- 09:00am-10:00am: **Games:** Billiards/Pool
- 10:00am-11:30am: Chorus—Interested in Singing? All are welcome!
- 10:00am-12:00pm: **Games:** Rummikub
- 10:15am-11:15am: Yoga w/Deanna **\$6.00 members/\$8.00 nonmembers** At the Center OR [Join Zoom](#)
- 10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. **\$6/class paid to instructor** (12/14, 12/28)
- 12:30pm-04:00pm: **Games:** Pinochle, Rummikub
- 01:00pm-04:00pm: **Games:** Mahjong
- 01:00pm-04:00pm: Indoor Bocce Ball **NEW!**

WE NEED YOUR VOICE!

ALL VOICES ARE NEEDED

▶ Soprano ▶ Alto
▶ Tenor ▶ Bass

Our Chorus meets on Thursdays @10am

COME JOIN US!

WE ARE A FUN GROUP!

**F
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- 09:00am-10:00am: Tap Dance—Advanced (12/1, 12/8, 12/15[no 12/22, 12/29]) **\$15**
- 09:00am-10:55am: Orchestra
- 10:55am-12:30pm: Big Jazz Band
- 09:15am-12:00pm: Woodcarving
- 10:00am-10:45am: Ballet Class (12/1, 12/8, 12/15 [no 12/22, 12/29]) **\$12**
- 10:00am-12:00pm: Bocce Ball
- 10:00am-12:00pm: **Games:** Dominoes/Mexican Train
- 10:55am-12:30pm: Big Jazz Band
- 12:30pm-02:15pm: **Games:** Bingo [no 12/22, 12/29]
- 12:30pm-04:00pm: **Cards:** 5 Crowns [no 12/22, 12/29]
- 01:00pm-02:30pm: Jewelry Making Class (12/8: BYO project [no 12/22])
- 01:00pm-04:00pm: **Games:** Learn to Play Splendor and Puerto Rico; Hansa Teutonica, Wood Craft, Arboretum [no 12/22, 12/29]
- 01:00pm-02:00pm: Latin Line Dancing (12/1, 12/8, 12/15 [no 12/22, 12/29]) **\$15.00 *TIME CHANGE***
- 02:30pm-03:30pm: Healthy Bones for Life—To register, call **Office For the Aging 518-884-4100 [no 12/22, 12/29]**

Volunteers Needed!

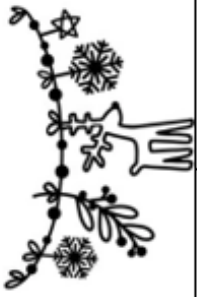
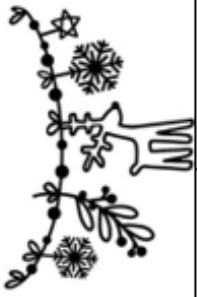
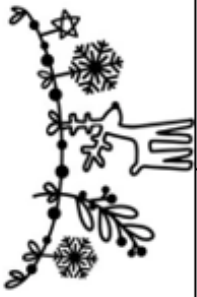
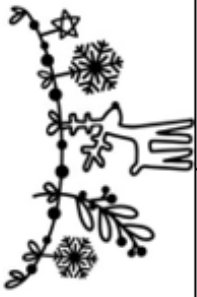



Saratoga County Department of Aging and Youth Services is Looking for Volunteers to Deliver Meals to Homebound Seniors in Clifton Park.



Interested in Becoming a Home Delivered Meals Volunteer?

Call 518-363-4020 to volunteer and for more information.

To sign up for the Gather and Dine Lunch Program at the Senior Center, call 518-383-1343 by Noon the day before you intend to come to Lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
 4 Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	 5 Chicken w/Fiesta Sauce Mashed Potatoes Vegetable Trio Corn Muffin Peaches	 6 Breaded Fish w/Dill Sauce Buttered Noodles Peas & Carrots Mandarin Oranges	 7 Shredded Pork w/Apple Glaze Sauce Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll SF Oatmeal Cookies	1 Chicken Salad on Bun Sweet Potato Salad Marinated Green Beans Applesauce
11 Herb Chicken w/Gravy Stuffing Broccoli WW Dinner Roll Pears	12 Shredded Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Applesauce	13 Beef Stroganoff Buttered Egg Noodles Carrots WW Dinner Roll Mandarin Oranges	14 Chicken Parmesan Pasta w/sauce Wax Beans SF Chocolate Pudding	15 Chili Spinach Mixed Peppers & Onions Corn Muffin Fruit Cocktail
18 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp	19 LS Ham & Swiss on Bun Mustard Potato Salad Marinated Carrots Pears	20 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Orange	21 Stuffed Pepper Casserole Beets Mixed Vegetables Corn Bread Applesauce	22 Christmas Special  Florentine Stuffed Chicken Breast Garlic Mashed Potatoes Glazed Baby Carrots Dinner Roll Cheesecake
25 Closed 	26 Spinach Feta Chicken Buttered Noodles Vegetable Trio WW Dinner Roll Shortbread Cookies	27 Birthday Special  Shredded Roast Pork w/Gravy Mashed Potatoes Butternut Squash Frosted Cake	28 Breaded Fish Tartar Sauce Macaroni & Cheese Stewed Tomatoes Tropical Fruit	29 White Chicken Chili Beets Mixed Vegetables Corn Muffin Fruit & Nut Mix

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston

Travel with us in 2024!

CLIFTON PARK SENIOR CENTER & COLLETTE TOURS

AMERICA'S MUSIC CITIES March 10-17, 2024

8 DAYS, 10 MEALS,
DOUBLE OCCUPANCY \$3,549



HIGHLIGHTS

- French Quarter
- Jazz Revue
- Grammy Museum
- Graceland
- Civil Rights Tour
- Ryman Auditorium
- Hands-on Chocolate-making Lesson
- Grand Ole Opry Show
- Historic RCA Studio B
- Country Music Hall of Fame
- Gaylord Opryland Resort Dinner & Holiday Show
- Choice on Tour: Delta River Flat Boat or Horse-Drawn Carriage Ride

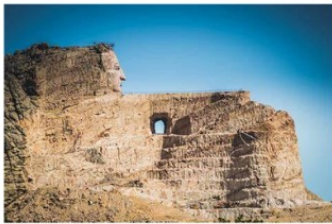
DAYS 1-3: Stay at the Sheraton New Orleans and explore the “Jazz Capital of the World”

DAYS 4 & 5: Stay at the Guest House at Graceland in Memphis Tennessee and explore the birthplace of Blues, Rock ‘n Roll and Soul

DAYS 6 & 7: Stay at the Gaylord Opryland Resort in Nashville, Tennessee and roll along the Music Highway to the birthplace of Tina Turner, the Grand Ole Opry and Elvis’ recording studio

SOUTH DAKOTA September 18-24, 2024

7 DAYS, 9 MEALS, ONE HOTEL
DOUBLE OCCUPANCY \$2,999



HIGHLIGHTS

- Mount Rushmore
- Oglala Lakota Living History Village
- Badlands National Park
- Wall Drug
- Deadwood
- Choice on Tour
- High Plains Heritage Center
- Off-Road Jeep Safari at Custer State Park
- Crazy Horse Memorial
- Devils Tower National Monument

DAYS 1-3: Welcome to the West! Listen to stories and history of the Lakota tribe, visit Mount Rushmore and the Badlands National Park

DAYS 4-6: Visit Deadwood, a National Historic Landmark, and its museums, exhibits and sculptures, explore Custer State Park through a buffalo safari, and spend time at Crazy Horse Memorial; end your trip at the first national monument, Devils Tower

Ask the Front Desk for more information and applications!

Support our Advertisers when you can...Let them know you appreciate their ad!

Thank You!

*to the volunteers who helped sew, decorate and stuff 350 stockings we donated to our troops overseas

*to our November Dinner sponsor: **TOWNLEY & WHEELER FUNERAL HOME**

*to those who participated in our 50s themed Murder Mystery— what fun we had!

*to our Amazing Volunteers who enjoyed a special volunteer dinner sponsored by:



We are blessed to have you as part of our Senior Center family!

SERVICES FOR YOU

***The Gather & Dine Daily Lunch Program** To Reserve your Lunch: Call by Noon the day before at 383-1343. Menu can be found online [HERE](#) or at the Center.

***Free Legal Assistance** offered through the Saratoga County Office for the Aging. Make an appointment by calling 518-884-4100.

***Need COVID Tests and Masks?** Request them at the front desk!

*We loan out **Wheelchairs, Seated Walkers and other items** to those who need them!

***Have old prescription medications and not sure what to do with them?** Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discard unneeded meds.

***Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, Special Programs, Food Pickup, etc. Let us know!

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"What extra benefits am I entitled to?"

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518-661-6300
info@ob1insurance.com

ob1insurance.com facebook.com/ob1insurance

"We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options."

Not affiliated or endorsed by the Federal Medicare Program

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MALTA 26 Rock Rose Way Malta, NY (518) 581-2800	MOREAU 198 Bluebird Rd. Moreau, NY (518) 792-1000	SARATOGA 400 Church Street Saratoga Springs, NY (518) 450-7360	WILTON 60 Waller Rd. Wilton, NY (518) 580-0702
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homeofthegoodshepherd.com

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Witecki Law Office

8 South Church Street
Schenectady, NY 12305
518-372-2827
www.WiteckiLaw.com

Glenn Witecki provides in-person, free consultations, the 3rd Thursday of **every other month** at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

If you are looking for guidance beyond “standard estate planning,” Glenn can help!

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home?

He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

Call our office directly to set up an appointment. Under special circumstances home visits can be arranged.

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Communities in the Albany Area

Peregrine Clifton Park
Memory Care with Enhanced Services
518-371-2200

Peregrine Colonie
Memory Care with Enhanced Services
518-456-4500

Peregrine Crossgate
Independent Living & Assisted Living
518-869-0211

Peregrine Delmar Place
Assisted Living
518-434-4663

Peregrine Guilderland
Assisted Living & Memory Care with Enhanced Services
518-218-0506

Peregrine Shaker
Assisted Living & Memory Care with Enhanced Services
518-465-4444

peregrineseniorliving.com



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tour today. Coburgvillage.com

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At our communities, you become part of our family. And we'll be right here for you with a helping hand.

► Call us today!

Brookdale East Niskayuna
Alzheimer's & Dementia Care
2861 Troy-Schenectady Road
Niskayuna, NY 12309
(518) 782-7381

Brookdale Niskayuna
Enhanced Assisted Living
1786 Union Street
Niskayuna, NY 12309
(518) 346-6935

120654 SR

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Bringing New Life to Senior Living®



brookdale.com



Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

TO: CURRENT OCCUPANT OR

Town of Clifton Park Senior Express

- Riders must be 50 years of age or older and live in the Town of Clifton Park.
- A wheelchair lift is available.
- Those needing assistance must be accompanied by an escort.
- Adult handicapped persons under 50 years of age will be considered on a time available basis.

Monday, Tuesday & Thursday:

Medical appointments to the following areas:

Albany, Schenectady, Troy, Ballston Spa,
 Saratoga, Mechanicville and Latham.

Wednesday & Friday:

Clifton Park shopping and local appointments only.



Call Senior Van Dispatch
 at 518-371-4444
 9:00am – 1:00pm

Town Staff Directory

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Wade Schoenborn	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Teresa Brobston	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Mgmt Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Mike Woerner	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station	371-6669
Senior Center Director Sue Leonard	383-1343

Email your Town Board

Supervisor Philip C. Barrett:	pbarrett@cliftonpark.org
Deputy Supervisor Anthony F. Morelli:	amorelli@cliftonpark.org
Councilman Christopher O'Hara:	cohara@cliftonpark.org
Councilwoman Agatha Reid:	areid@cliftonpark.org
Councilwoman Lynda M. Walowit:	lwalowit@cliftonpark.org

The Town's office buildings are open from Monday through Friday, 9 AM to 5 PM, excluding holidays.
 The **Town Clerk's** office is open until 7:00 PM every Thursday.
 The **Building** and **Parks & Recreation** Departments open at 8:00 AM Monday through Friday.